

PATIENT INFORMATION

A publication of Jackson-Madison County General Hospital Surgical Services

Open Hernia Repair

You are scheduled to have Hernia Repair Surgery. The purpose of this handout is to help you know how to prepare for this surgery and what to expect during your surgery.

What is a Hernia Repair?

A hernia in your abdomen (stomach) is a weak spot or an unusual opening in the lining or wall of the abdomen (stomach). An organ or other tissue bulges through this area. A hernia repair is a type of surgery where the abnormal opening is sewn together so that the organ or tissue no longer bulges through the opening. If the area is large, sometimes a strong type of material is sewn over the opening to reinforce the area to make it stronger.

What should I do before my surgery?

- Take a shower the night before surgery and the morning of your surgery with your own soap **UNLESS** you are instructed to use a special soap.
- Do not eat or drink anything after midnight the night before your surgery.
- Please do not chew gum or eat any candy. (This raises the level of acid in your stomach.)
- If you are taking any medicine for your blood pressure, heart, or asthma, you may take this with a small sip of water the morning of your surgery. If you take diabetes medicines and/or insulin, talk with your doctor about whether you should take them the morning of surgery.
- You may brush your teeth and rinse your mouth as long as you **do not** swallow any water.
- Please remove all nail polish.
- Please remove all jewelry including body piercings.
- Do not wear makeup.
- If you are checking into the hospital on the day of your surgery:
 - Wear comfortable clothing that is loose fitting and easy to get into.
 - Bring all medicines that you take to the hospital with you.
 - Do not bring anything valuable or large amounts of money with you to the hospital.
 - Someone must drive you home. You **will not** be allowed to drive yourself home.

What can I expect the day of my surgery?

- If you are coming to the hospital on the day of your surgery, you will go to the Admitting Office and then be taken to your room. This may not be the same room where you will be taken after surgery.
- You will be given a hospital gown and asked to remove all of your clothes including underwear and socks. Put the gown on with the opening in the back.

- You will be asked questions about your medical history. Many of these will be the same questions that you have already been asked. Please know that we need to ask these again so that we can give you the best possible care.
- You may go to the Pre-Anesthesia Area (PAU) to get ready for your surgery, or you may get ready in your room. Your nurse will tell your family where to wait.
- You will have an IV (a needle in your arm for fluids) started. You will be given medicine to help you relax.
- If you are prepared for surgery in PAU, you will have sticky pads put on your chest so the staff can watch your heart. A blood pressure cuff will be put on your arm so that your blood pressure can be frequently checked. A device called a pulse oximeter will be put on your finger. This will tell how much oxygen is in your blood. If you do not go to PAU before your surgery, these things will be done in the operating room.
- Someone from anesthesia (the person who will put you to sleep) will talk to you.
- Your abdomen (stomach) will be washed with a special soap and then shaved.
- When your doctor is ready for you, you will be taken to the operating room. The room will be cold, but you will be given a warm blanket.
- When the operation has started, the nurse will call your family. When your operation is over, the doctor will call your family to let them know how you are doing.
- You will stay in the Recovery Room for about one hour. There will be a nurse taking care of you. She will be watching your blood pressure, heart rate, and oxygen level. If you are in pain or feel sick to your stomach, please tell the nurse so that he or she can give you medicine.
- When you are awake, you will be taken back to your room. You will be given something to eat and drink if you are not nauseated.
- **Do not try to get out of bed without help.**
- Most people are able to go home the day of surgery.

What should I do when I get home?

- Your doctor will tell you when you can return to normal activity.
- Keep your bandages clean and dry.
- Do not lift anything heavier than five pounds until your doctor tells you that you can.
- Call the doctor if you have a fever above 100.5° twice, or if you notice swelling or redness around your incisions.
- Call your doctor if you see any blood or other drainage oozing from your incision.
- Please be sure to keep your follow-up appointment with your doctor.